Check your internet data usage

Learn how to see your current internet data usage, and estimate how much you'll use in the future.

How to Check Broadband Usage

Learn how to keep track of your broadband usage online and prevent overages. Just log on to the att.com Overview page. Easily check for overages. Need more? Easily change your Internet plan.

FREQUENTLY ASKED QUESTIONS

Expand All

How much data do I get with my internet?

- **150GB** per month for DSL (includes AT&T High Speed Internet Basic, Express, Pro, and Elite, and FastAccess® DSL Lite, DSL Ultra, and Xtreme Pro)
- **350GB** per month for Fixed Wireless Internet
- **1.5TB** per month if you have AT&T internet speed tiers up to and including 768Kbps through 75Mbps
- **Unlimited data** if you have Internet 100 or higher, Internet Air, or one of these:
  - The unlimited data usage add-on for $30 per month
  - A combined bill for AT&T Internet and DIRECTV® or U-verse® TV for plans purchased before August 1, 2021
  - DIRECTV STREAM℠ with an AT&T Internet plan (for plans purchased before August 1, 2021

Once you go over, we'll add more data in 50GB increments, at a cost of $10 for 50GB. The most we'll charge for overages in a bill period is $100 for AT&T Internet or $200 for DSL and Fixed Wireless Internet.

How do I check my data usage for this bill period?

Data usage notifications

We'll let you know when you're nearing your data limits and when you'll be charged for overages. You'll get notifications for you

CHAT

- **First bill period over data limit:** You'll get a notice, but we won't charge you.
- **Second bill period over data limit:** You'll get notices when you use 65%, 90%, and then 100% of your limit, but we won't charge you
- **Third bill period over data limit:** You'll again get notices when you use 65%, 90%, and then 100% of your limit.

Once you go over, we'll add more data in 50GB increments, at a cost of $10 per 50GB. The most we'll charge for overages in a bill period is $100 for AT&T Internet or $200 for DSL and Fixed Wireless Internet.

We'll send data usage notices to the primary email address you provided when you signed up for service. If we don't have your email address or can't reach you by email, we'll send you a letter using U.S. mail.

Learn more about internet data usage

Advertisement

Last updated: February 13, 2025

Browse topics

- **Connections, browsing & security**
- **Installation & order status**
- **Troubleshooting & repair**
- **Wi-Fi gateways & equipment**

Learn about internet and Wi-Fi connections, tools, and security.

- **Advanced information**
- **Apps & tools**
- **Home network & Wi-Fi gateway connections**
- **Security & safety**
- **Web browsing & internet speeds**

Did you get the help you needed?

Yes No

Advertisement

Shop

Cell phones

Fiber internet

Home internet

Tablets

Smartwatches

Wireless accessories

Prepaid phones

Trending

iPhone 16

iPhone 16 Plus

iPhone 16 Pro

iPhone 16 Pro Max

Samsung Galaxy S25 Ultra

Samsung Galaxy Z Fold 7

Samsung Galaxy Z Flip 7

Top phone & data plans

Unlimited phone plans

International plans

Add a line

Upgrade

Tablet data plans

Mobile hotspot plans

Next Up Anytime

Switch to AT&T

Switch to AT&T

How to switch phone carriers

Internet speed test

Bring your own device

Cell phone trade-in

Featured deals

AT&T Deals & Promotions

Cell phone deals

iPhone deals

Samsung deals

Phone and internet bundle deals

Credit Card

Free phone deals for new customers

Shop cell phones by brand

New Apple iPhones

New Samsung Galaxy phones

New Google Pixel phones

New Motorola Moto phones

New Sonim phones

Tablets & Watches

New Apple iPad

New Samsung Galaxy Tab

New Apple Watch

New Samsung Galaxy Watch

New Google Pixel Watch

Accessories by Brand

Apple accessories

AT&T accessories

Samsung accessories

Otterbox phone cases

Beats headphones

Resources

Bundle internet and wireless

What is Internet Air?

How to use your phone internationally

What is fiber internet?

What is eSIM?

Return or exchange your wireless device

AT&T

Find a store

Newsroom

Investor Relations

Corporate Responsibility

Careers

Help & info

AT&T Guarantee

Broadband Facts Machine Readable Files

Techbuzz blog

Feedback

FREE AT&T Email with 1TB storage

Site map

Coverage maps

Terms of use

Accessibility

Broadband details

Legal policy center

Advertising choices

Privacy center

Your Privacy Choices

Health Privacy Notice

Cyber Security

FCC public files

© 2025 AT&T Intellectual Property. All rights reserved.